



National Nutrient Database for Standard Reference

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Statistics Report 09433, Clementines, raw

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water 1 2	g	86.58	5	0.705	84.02	88.01	3.0	84.332	88.818	2	Analytical or derived from analytical	--	05/2005
Energy	kcal	47	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
Energy	kJ	198	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
Protein 1 2	g	0.85	5	0.018	0.81	0.91	3.0	0.794	0.908	2	Analytical or derived from analytical	--	05/2005
Total lipid (fat) 1 2	g	0.15	5	0.027	0.07	0.32	3.0	0.064	0.238	2	Analytical or derived from analytical	--	05/2005
Ash 1 2	g	0.40	5	0.003	0.38	0.47	3.0	0.393	0.41	2	Analytical or derived from analytical	--	05/2005
Carbohydrate, by difference	g	12.02	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
Fiber, total dietary 1 2	g	1.7	5	0.038	1.2	3.2	3.0	1.546	1.785	2	Analytical or derived from analytical	--	05/2005
Sugars, total 1	g	9.18	4	0.722	7.88	10.93	3.0	6.885	11.478	1	Analytical or derived from analytical	--	03/2005

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Sucrose 1	g	5.96	4	0.642	4.8	7.44	3.0	3.915	7.999	1	Analytical or derived from analytical	--	03/2005
Glucose (dextrose) 1	g	1.59	4	0.081	1.38	1.76	3.0	1.327	1.844	1	Analytical or derived from analytical	--	03/2005
Fructose 1	g	1.64	4	0.043	1.53	1.74	3.0	1.502	1.776	1	Analytical or derived from analytical	--	03/2005
Lactose 1	g	0.00	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2005
Maltose 1	g	0.00	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2005
Galactose 1	g	0.00	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2005
Starch 1	g	0.00	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2005
Minerals													
Calcium, Ca 1 2	mg	30	5	2.094	25	38	3.0	23.076	36.404	2	Analytical or derived from analytical	--	05/2005
Iron, Fe 1 2	mg	0.14	5	0.003	0.1	0.24	3.0	0.131	0.153	2	Analytical or derived from analytical	--	05/2005
Magnesium, Mg 1 2	mg	10	5	0.272	9	11	3.0	9.48	11.212	2	Analytical or derived from analytical	--	05/2005

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Phosphorus, P 1 2	mg	21	5	1.103	18	24	3.0	17.149	24.171	2	Analytical or derived from analytical	--	05/2005
Potassium, K 1 2	mg	177	5	4.915	149	239	3.0	161.357	192.643	2	Analytical or derived from analytical	--	05/2005
Sodium, Na 2	mg	1	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2005
Zinc, Zn 1 2	mg	0.06	5	0.002	0.04	0.08	3.0	0.056	0.068	2	Analytical or derived from analytical	--	05/2005
Copper, Cu 1 2	mg	0.043	5	0.003	0.03	0.05	3.0	0.032	0.053	2	Analytical or derived from analytical	--	05/2005
Manganese, Mn 1	mg	0.023	4	0.001	0.02	0.03	3.0	0.02	0.026	1	Analytical or derived from analytical	--	03/2005
Selenium, Se 1	µg	0.1	2	--	0	0.2	1.0	--	--	1	Analytical or derived from analytical	--	03/2005
Vitamins													
Vitamin C, total ascorbic acid 1	mg	48.8	4	2.972	41.9	56.4	3.0	39.291	58.209	1	Analytical or derived from analytical	--	03/2005
Thiamin 1 2	mg	0.086	5	0.004	0.07	0.1	3.0	0.074	0.099	2	Analytical or derived from analytical	--	05/2005
Riboflavin 1 2	mg	0.030	5	0.003	0.01	0.04	3.0	0.02	0.04	2	Analytical or derived from analytical	--	05/2005

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Niacin 1 2	mg	0.636	5	0.137	0.29	1.24	3.0	0.201	1.07	2	Analytical or derived from analytical	--	05/2005
Pantothenic acid 1 2	mg	0.151	5	0.002	0.1	0.17	3.0	0.143	0.158	2	Analytical or derived from analytical	--	05/2005
Vitamin B-6 1 2	mg	0.075	5	0.002	0.07	0.08	3.0	0.07	0.079	2	Analytical or derived from analytical	--	05/2005
Folate, total 1 2	μg	24	5	2.854	16	32	3.0	15.037	33.203	2	Analytical or derived from analytical	--	05/2005
Folic acid	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2005
Folate, food	μg	24	5	2.854	16	32	3.0	15.037	33.203	2	Analytical or derived from analytical	--	05/2006
Folate, DFE	μg	24	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
Choline, total 1	mg	14.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Betaine 1	mg	0.1	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Vitamin E (alpha-tocopherol) 1	mg	0.20	3	0.033	0.15	0.26	2.0	0.056	0.338	1	Analytical or derived from analytical	--	03/2005
Tocopherol, beta 1	mg	0.00	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2005

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Tocopherol, gamma ¹	mg	0.00	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2005
Tocopherol, delta ¹	mg	0.00	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2005
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone) ¹	µg	0.0	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	05/2005
Lipids													
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Flavonoids													
Isoflavones													
Daidzein ³	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Genistein ³	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Total isoflavones ³	mg	0.00	--	--	0	0	--	--	--	--	--	--	--

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 7d, 2002 Beltsville MD

²Sunkist Growers, Inc. Nutrient content of citrus fruits, 2004

³Liggins, J., Bluck, L. J. C., Runswick, S., Atkinson, C., Coward, W. A., Bingham, S. A. **Daidzein and genistein content of fruits and nuts.**, 2000 J. Nutr. Biochem. 11 pp.326-331